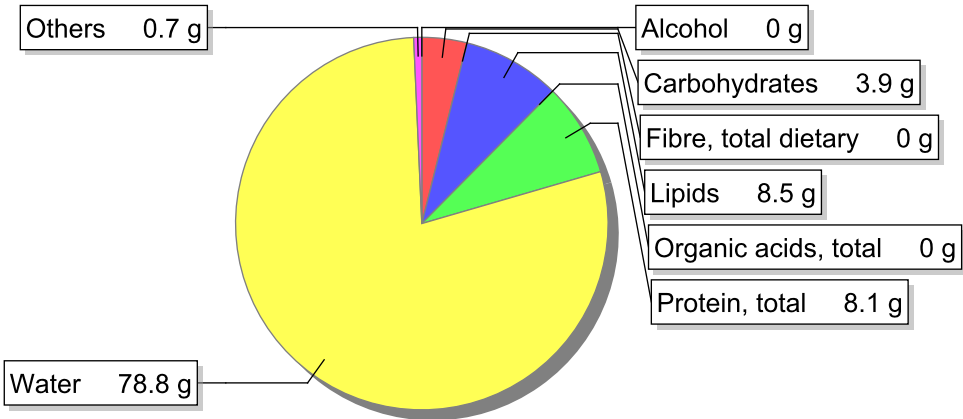


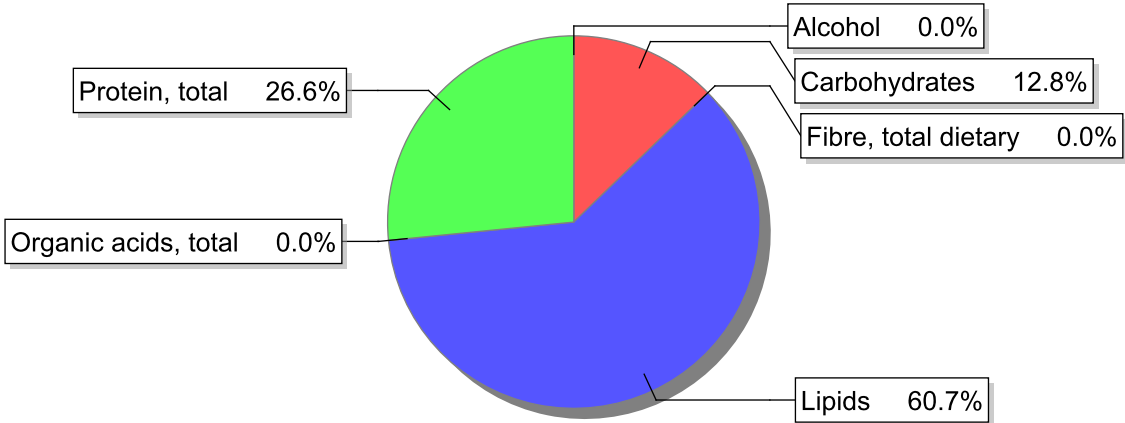
Food

Name: Cheese, Quark, semi-skimmed, plain
Group: Milk and milk products
Subgroup: Cheese
Edible Part: 100%
Code: IS059
FoodEX2 Code: A02QK

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	125	kcal	
energy kJ, total metabolisable	519	kJ	
fatty acids, total saturated	4.6	g	
fatty acids, total monounsaturated	2.2	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0.4	g	
sugars, total	3.9	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	3.9	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	8.1	g	
alcohol	0	g	
water	78.8	g	
organic acids, total	0	g	
cholesterol	29	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	90	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.02	mg	
riboflavin	0.24	mg	
niacin, preformed	1.1	mg	
niacin equivalents, total	3	mg	
niacin equivalents from tryptophan	1.9	mg	
vitamin B-6, total	0.1	mg	
vitamin B-12	1.3	µg	
vitamin C	0	mg	
folate, total	14	µg	
ash	0.70	g	
sodium	37	mg	57
potassium	150	mg	57
calcium	110	mg	57
phosphorus	120	mg	57
magnesium	10	mg	57
iron, total	0.2	mg	57
zinc	0.4	mg	57

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB